

English Muffin Veggie Pizza

Makes: 4 servings

Create your own easy-to-make personal pizza and add your favorite veggie toppings. Choose whole wheat muffins to make this recipe even better!

Ingredients

- 1 cup** broccoli (cooked chopped)
- 4** English muffins
- 1 cup** pizza sauce (or spaghetti sauce)
- 1/2 cup** mozzarella cheese, shredded, part skim
- 3 tablespoons** carrot (shredded)
- 1 teaspoon** Parmesan cheese (grated)

Directions

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make ½ cup of shredded cheese.

Nutrition Information

Nutrients	Amount
Calories	240
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	340 mg
Total Carbohydrate	40 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

Notes

Try making these pizzas with whole wheat muffins.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes